

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Website: <http://www.bedfordma.gov/council-on-aging>

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Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Roberta Ennis

Please join Dale Tamburro on **Thursday, May 19 at 1:00 PM** for a presentation on:

How to Avoid Losing Your Money and House if You Need Nursing Home Care or Extended Home Care

This presentation will address:

The biggest estate and asset protection planning mistakes; How to avoid having your life savings wiped out by a nursing home "spend down"; Protecting your home for your spouse and children; How gifting money to your children or grandchildren can disqualify you from Medicaid; Eliminating or minimize Massachusetts Estate Tax. (In Mass., if your estate is over \$1.0M the entire estate is taxed); Basic Medicaid Rules; Special Rules related to spouses; Exceptions to the five year look back; and more!

Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more info!

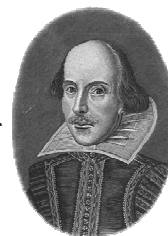
Shakespeare with Stephen Collins

Tuesdays May 3-June 7 at 10:30 AM

~\$10 per class

To make sense of *The Bard*, a reader of Shakespeare's works must approach the text much like an actor to make it come alive. In Elizabethan England, the plays were meant to be heard, performed - not read. The First Folio of his work wasn't ever printed until 8 years after his death!

We will work together to *demystify* the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating! Stephen would like to have class members do dramatic readings of some of the scenes. Finally, in addition to the plays, we will study at least 8 of his sonnets. Please sign up at the Council on Aging by April 29.



To Cook or Not To Cook: That is the Question

Thursday, May 5 at 11:00 AM

You've had enough of cooking after doing it for 60 or 70 years. You're looking for an easier way to provide yourself with nourishment ...healthy if you can! You have diet restrictions because of your high blood pressure, diabetes, and your physician telling you to lose weight. Your income is limited thus you're searching for the most cost-effective way to nourish yourself and maybe your family. Or you now live alone or maybe with one other person. How do you cook for one or two people? This workshop will attempt to share some ideas on how to address these issues. Please join us in answering these issues! Maybe together we can both learn something! Please sign up at the COA for this great new program!



Coffee WITH A Cop

Building relationships. One cup at a time.

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other. Please join officers from the Bedford Police Department on **Tuesday, May 3 from 8-10 AM** for a cup of coffee and a chat!



Veterans' Coffee



Wednesday, May 18 at 10:00 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4

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✿ JUST FOR FUN ✿



Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **Saturday, May 7** if your special day is in May!

Breakfast and BINGO

Tuesday, May 17 at 9:30 AM

Brightview is back at the COA! Come play for a chance to win some **GREAT** prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



Billerica Crossings
A Benchmark Senior Living Community

Tuesday, May 24 at 11:45 AM

Meet the team from Billerica Crossings and enjoy a delicious lunch prepared by their Chef! Bring your appetite and whatever questions or concerns you have about assisted living. Please sign up to reserve your seat!

WIZARD MUSIC:

Friday, May 20 at 12:30pm

John Kienzle from Wizard Music will provide patriotic songs on keyboard for your entertainment! Come in for lunch, stay for the art show, relax and enjoy John's music!



Name That Tune!

A monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday, May 16 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.



Adult Coloring

For Therapy ...or Just for Fun!

Friday May 20th at 12:30pm

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



Are ready for some laughs? If yes, then bring your sense of humor and come enjoy Trivia Time on **Wednesday, May 25 at 12:30 PM!** Join Jenn Quinn, Owner/President of ComForCare Home Care, for a fun game about Entertainment, Sports, Music, History (including Bedford History) and much, much more! Truly anything goes so everyone has the chance to contribute in their area of expertise. Let's see who is tops in trivia at the Bedford Senior Center! Please call the COA to sign up!

Do you like playing RISK or Chess?

The COA now has a chess group! They meet on Thursdays at 2:00 PM! If you are interested in playing, or learning, please join us! Risk is also available at anytime!



Have Lunch at the Bedford Café!

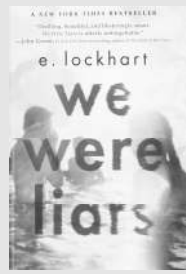


A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





Library Book Discussion: Tuesday, May 24 at 1:00 PM

Cadence Sinclair Eastman is the oldest grandchild of a preeminent family. The Sinclairs have the height, the blondness, and the money to distinguish them, as well as a private island off the coast of Massachusetts called Beechwood. Harris, the family patriarch, has three daughters: Bess, Carrie, and Penny, who is Cadence's mother. And then there is the next generation, the Liars: Cadence; Johnny, the first grandson; Mirren, sweet and curious; and outsider Gat, an Indian boy and the nephew of Carrie's boyfriend. Cadence, Johnny, Mirren, and Gat are a unit, especially during summer 15, the phrase they use to mark their fifteenth year on Beechwood the summer that Cady and Gat fall in love. When Lockhart's mysterious, haunting novel opens, readers learn that Cady, during this summer, has been involved in a mysterious accident, in which she sustained a blow to the head, and now suffers from debilitating migraines and memory loss. She doesn't return to Beechwood until summer 17, when she recovers snippets of memory, and secrets and lies as well as issues of guilt and blame, love and truth all come into play. Throughout the narrative, Lockhart weaves in additional fairy tales, mostly about three beautiful daughters, a king, and misfortune. Surprising, thrilling, and beautifully executed in spare, precise, and lyrical prose, Lockhart spins a tragic family drama, the roots of which go back generations. And the ending? Shhhh. Not telling. (But it's a doozy). **HIGH-DEMAND BACKSTORY:** Lockhart's latest is unlike anything she's done before. With a Printz Honor to back her, plus a major marketing campaign and a promotional quote from John Green this is poised to be big. --Kelley, Ann © 2010 Booklist

SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*, Season 2. Please join us on **Monday, May 2 at 10:00 AM** for episode 5, Extreme Orbits. *The only reason life on Earth is possible is because of our stable orbit around the Sun. Elsewhere in the Universe, orbits are chaotic, violent and destructive. On the largest scale, orbits are a creative force and construct the fabric of the Universe.*

We will also meet on **Monday, May 16 at 10:00 AM** for episode 6, Comets. *We follow the odyssey of a comet as it sails through space, watching every move as it evolves from a chunk of ice and rock into an active nucleus engulfed in a gaseous haze. What we learn is a revelation; comets are even more mysterious than we imagined.*



This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

Encore Presentation: Save Your House Avoiding Financial Downsizing Monday, May 9 at 12:45 PM



You have worked your entire life to garner and keep the assets you currently have. Michael Healey specializes in helping people plan, keep and protect their assets from hospitals and nursing homes. In the seminar we will go over ways how to protect your hard earned assets from being taken to pay Hospital and Nursing Home bills, and getting those assets into the hands of your loved ones instead.

Contrary to what many Lawyers and Financial Advisors like to tell you, you do not need to downsize your estate if you do not want to. This seminar will teach you all the options you have to keep and protect all that you have worked so hard to attain.

Michael will also have time available to speak with you one on one for review of your plan and to discuss how you can save your assets for your loved ones. Please call ahead to sign up for this important program!

Friends of the Bedford Council on Aging Next Meeting: Tuesday, May 10 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Membership Dues 2015—2016

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5 /day



OsteoFitness: Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA.

\$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Next session dates: 4/1-6/7**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball—workout for the entire body—this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at **10:00** w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: Please check with the COA for the status of our Floor Yoga class.

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

**Drop in rate for the above classes is
\$10 per day**

Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM.

This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Session runs May 3 - June 21.**

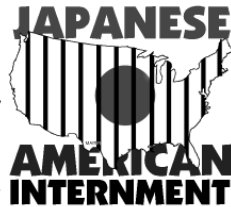


Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

Justice Denied: A Personal Perspective

Join us at the COA on **Wednesday, May 11 at 6:45 PM** for a moving presentation. *Justice Denied* tells the story of the Japanese incarceration during World War II as seen through the eyes of a Japanese American family. It follows their passage from immigration in the 1890s through imprisonment during the war years, and documents how they rebuilt their lives thereafter. The presentation is richly illustrated with family and historic WWII photographs, many of the latter obtained from U.S. government archives. The speaker, Margaret Yamamoto, is a member of the family featured in the presentation and was incarcerated at the age of two months. Margie has addressed many audiences on this subject, providing an historical summary of its events and relating their consequences to the personal experiences of her family as it coped with incarceration and subsequent return to a normal life.



Music Jam!!!

Monday May 16 at 6:45 PM

Bring your favorite instrument and play some tunes with others. Any instrument welcome and singers also encouraged to come join in. Refreshments provided!



Game Night!

Wednesday, May 18 at 6:45 PM

Come play some favorites like Risk, Chess, Poker and Monopoly or learn a new game like Quiddler! We will have several tables set up with games, adult coloring, crafts and of course delicious refreshments!

COA CINEMA 6:45 PM

May 9 *The Danish Girl* (2015) R In 1930, Danish painter Einar Wegener elects to have gender-reassignment surgery, with the blessing of his wife, Gerda. This true-life narrative of personal courage also sheds light on the medical origins of transsexual surgery.

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ Folk & Line Dance! ☆
 ☆ ...at the Council on Aging ☆
 ☆ on Mondays *exactly* at ☆
 ☆ 7:00 PM with your 'two ☆
 ☆ left feet' for folk & line ☆
 ☆ dance lessons. We'll teach ☆
 ☆ you from the first step! ☆
 ☆ Soft-soled shoes ☆
 ☆ preferable. Jim Banks is ☆
 ☆ offering these classes free ☆
 ☆ of charge! Please join us! ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 2 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance	8:00 Cop Coffee 3 9:00 Fix It Shop 9:30 Exercise 10:30 Shakespeare 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 4 10:00 Computer Club 10:30 SongFest/ Mike Franco 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch	9:00 Muscle Care 9:15 Floor Yoga 5 9:30 Take a Hike 10:00 Exercise 11:00 Dog Bones/ Cook or Not Cook 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In/ Chess	9:00 Exercise 10:00 Chair Yoga 6 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:15 Calcium 1:00 Scrabble/ Line Dancing/ 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 7 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Trumbo</i>
9:00 Exercise 9:30 Chair Yoga 9 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 12:45 Save Your House 1:00 Poker/ 3:00 Handcrafts 6:30 Sit & Stitch 6:45 Movie: <i>Danish Girl</i> 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10 10:00 SHINE 10:30 Shakespeare 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 FBCOA/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:00 Family Support 7:30 Single Again	9:00 Exercise/ Fix It Shop 11 10:00 Genealogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:15 Quick Meals 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Justice Denied	9:00 Muscle Care 9:15 Floor Yoga 12 9:30 Beginner Bicycle/ Take a Hike 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In/ Chess	9:00 Exercise 10:00 Chair Yoga 13 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Nurse's Hours/ Line Dancing/ 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 14 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Roman Holiday</i>
9:00 Exercise 9:30 Chair Yoga 16 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Home Safety Poker 3:00 Handcrafts 6:30 Sit & Stitch Music Jam 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise/ Breakfast & BINGO 17 10:30 Shakespeare 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group/ Learn to Play Pool 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 18 10:00 Vets Coffee 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Game Night	9:00 Muscle Care 9:15 Floor Yoga 19 9:30 Take a Hike 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Current Events/ Tai Chi/ Dale Tamburro 2:00 Computer Drop-In/ Chess	9:00 Exercise 10:00 Chair Yoga 20 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring Wizard Music 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 21 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Brooklyn</i>
9:00 Exercise 9:30 Chair Yoga 23 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Nurse's Hours/ Car Leasing 3:00 Handcrafts 6:30 Sit & Stitch/ Home Safety 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 24 10:00 SHINE 10:30 Shakespeare 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:45 Billerica Crossings Lunch 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Great Books Single Again	9:00 Fire Safety Exercise/ Fix It Shop 25 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Trivia! Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Car Leasing	Health Museum 9:00 Muscle Care 26 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In/ Chess	9:00 Exercise 10:00 Chair Yoga 27 10:00 Sit 'n Stitch 10:30 Living with Arthritis 11:00 OsteoFitness/ 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 28 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>In the Heart of the Sea</i>
 Memorial DAY CLOSED 30	9:00 Fix It Shop 9:30 Exercise 31 10:30 Shakespeare 11:00 Dup. Bridge/ Tap/ OsteoFitness 12:00 Brightview Lunch 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again				

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THIS SPACE IS AVAILABLE

Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday, May 9 at 10:00 AM for a chance to win token gifts.

Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

Texas Hold 'Em Poker! Join the game each Monday at 1!

Handcraft Group Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

Play Mah Jongg! Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

Play Duplicate Bridge! Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)

Science & Tech Club Join us Monday, May 2 & May 16 at 10:00 AM for this exciting conversation!

Talk to Your State Rep Please check with the COA to find out when Ken Gordon will be here next.

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Genealogy Explore your family tree on Wednesday, May 11 at 10:00 AM

Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members welcome!

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Line Dancing with Katrina Fridays at 1 PM. The class costs \$3 (paid to instructor).

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on May 24: Chaucer, Geoffrey, Canterbury Tales, General Prologue, lines 1-42; The Wife of Bath's Prologue and Tale; and The Nun's Priest's Tale, trans. J. U. Nicolson. bed-lexgreatbooks@comcast.net *Newcomers are always welcome!*

Learn to Stitch! Join the crafters on Wednesdays at 6:30 PM.

Chess Hone your skills or learn! Thursdays at 2:00 PM.

Pickleball Tuesdays 6:30-dusk, JGMS Tennis Courts; Fridays 6-7:30PM, Lane School Gym.

Veterans Services The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Saturday Movies begin at 1:15 PM

May 7 *Trumbo* (2015) R Bryan Cranston stars as famed 1940s screenwriter Dalton Trumbo, whose refusal to testify before the congressional House Un-American Activities Committee resulted in a prison sentence and being blacklisted as a communist.

May 14 *Roman Holiday* (1953) NR Princess Ann leaves her guardians, and while in Rome, she's taken under the wing of tabloid writer Joe and his photographer sidekick. She thinks the boys don't know who she really is, but they're onto her -- and sense a sensational story.

May 21 *Brooklyn* (2015) PG-13 After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men.

May 28 *In the Heart of the Sea* (2015) PG-13 Revisiting the incredible true tale of the whaling ship Essex, which was rammed and sunk by a sperm whale in 1820, this historical drama chronicles the crew's horrific 90-day struggle to survive amid storms, hunger and despair.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

**PUBLIC
HEALTH
MUSEUM**
IN MASSACHUSETTS

Public Health Museum

\$55 ea

Thursday, May 26

9:30AM-1:30PM

The Public Health Museum houses a wide variety of historic artifacts, memorabilia, and archival material. There are exhibits on Tuberculosis, Polio, Patent Medicines, Dentistry, and much more. While visiting the Museum you will also see remarkably preserved 1930s Works Progress Administration (WPA) murals which highlight the industries of Massachusetts. Lunch at the Chateau Restaurant in Andover. Please make your lunch selection at sign up. ***Sign Up Today!***

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

THIS SPACE IS
AVAILABLE

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For Your Health



Nurse's Hours

On **Friday, May 13 & Monday, May 23**, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry

Dr. Bryant Tarr will be at the COA from 8-11 AM on **Friday, June 10**. Please call to let us know you are coming. This is a "first come, first served" clinic.

The cost is \$30 for each treatment.



Free Hearing Clinic

Apex Hearing Care, LLC Custom Fit and Service Hearing Aids
Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on **Thursday, May 19** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: Tuesday, May 10, 9-12; Tuesday, May 24, 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



Acupuncture Clinic
With Dr. Suraja
Roychowdhury
\$35 per visit
Tuesdays 4-8 PM
Please call
(610)731-5030 for
an appointment

Take a Hike! - Thursdays at 10:00 AM

The Community Of Active folks (aka the COA) has a very active hiking group! This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net. Susan will send out an email each week to let you know the plan for that week.



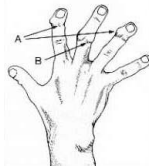
Muscle Care Clinic With

Wayne Durante, LMT
\$10 for 10 minutes
Thursdays beginning
at 9:00 AM

**Please call the COA for
an appointment
781-275-6825**

Living with Arthritis

Some arthritis can cause permanent change in joints over time. There are more than 100 types of arthritis and related conditions. Based on the causes, they can be grouped into degenerative arthritis, inflammatory arthritis, infectious arthritis and metabolic arthritis. There are many things that can be done to preserve joint function, the mobility and quality of life in the early stage of the disease. Joyce Cheng, the Community Health Nurse of the Bedford Board of Health will give a presentation on "Living with Arthritis" on **Friday May 27th** at 10:30 AM at the COA. Please join us to learn about the disease, the treatment options and tips to live with arthritis.



Quick and Nutritious Meals for Low Energy Days

Please come with your nutrition questions for this discussion on **Wednesday, May 11 at 12:15 PM**. How do you make sure you are getting adequate nutrition on days you really don't have the energy to cook or prepare meals? Peg Mikkola, of Minuteman Senior Services, will discuss easy meal ideas and foods you can keep on hand to prepare.



Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.



Join Our Lunchtime Walkers!

This is an informal walking group that walks either before or after lunch Monday, Wednesday and Friday. Groups walk indoors near the COA anywhere from 10:30 AM-1:00 PM. Please join us! Stairs, ramps or levels surfaces to choose from!

What You Need to Know

NEW!! Evening Computer Drop-In

Wednesdays 7-9PM

By appointment only

Please sign-up at the Council on Aging
Bring your questions, laptop, ipad,
kindle (whatever you need help with)

Nutrition for Strong, Healthy Bones

Friday, May 6 at 12:15 PM



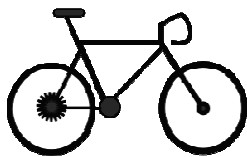
When we think about nutrition for bones, most people think about meeting calcium needs. But, your bones need many nutrients to be strong!

Besides calcium, including other nutrients such as vitamin D, Vitamin K, and magnesium in the diet can help prevent osteoporosis, a deterioration of bone tissue. Helen Long, a Registered Dietitian, will be speaking about the many ways that nutrition and exercise play a role in bone health as we get older. Learn about calcium needs and food sources, reading food labels, supplements, milk substitutes, and other nutrients essential for healthy bones.

Planning Your Next Move

Wednesday, May 4 at 10:30 AM

Planning for housing in later years, should you downsize or stay in your current home? This presentation will also cover how to be ready for that choice and how to set a health care plan. Presented by Joan Sweeney CFP and Michael Franco of Boston Partners Financial.



Bicycle Orientation and Tune-up For the Beginner Bicyclist

Join us at the COA, Thurs May 12 (rain date May 13) morning at 9:30 when members of the Bedford Friends of the Minuteman Bikeway will offer a short orientation class on basic bicycle skills, etiquette on the bike path, recommended gear and clothing, and a mechanical check. Does your bike have a strange noise or a flat tire - bring your bike in and get a minor tune-up. At the end of the orientation, we will ride to the bike path for a short group ride. Advance registration recommended due to limited space. Please sign-up at the COA or send email to BedfordBike@gmail.com.

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Wednesday, May 25 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Car Leasing Simplified

Monday, May 23 at 12:45PM and Wednesday, May 25 at 6:45PM

More people every day are beginning to lease their next car purchase. Car leasing, while not very complicated, involves basic principles and procedures that you must know about when considering to lease a car. The discussion in Car Leasing Simplified will give you the basic understanding, of what the Car Dealership already knows, and uses for every car that they lease. Mr. Arthur Walsh (BSEE, MSAM) and town resident for greater than 30 years will discuss why you should lease versus purchase your next car. He will cover the most critical aspects of the car leasing process from the beginning to the end. Participation in this discussion will benefit everyone who ever thought about leasing a car, is currently leasing a car, or has specific questions about car leasing. We hope this discussion will make everyone who attends a more informed consumer, and be much better prepared to negotiate a fair and equitable car lease arrangement. Please sign up at the COA!



Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday May 4 at 10:00 AM**.

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday afternoons, for the month of May for drop-in assistance from 2-3 PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

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YES! Your Family & Friends CAN Support YOU! Tuesday, May 10 from 7-8 PM

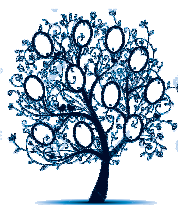
When a family member is diagnosed with cancer, heart disease, diabetes, even addiction, we talk about it. Mental illness? Not so. Let's open the conversation. Join Mara Briere from Grow a Strong Family, Inc. and give your family and friends the opportunity to understand and support you and your loved ones. Strategies include how and when and with whom to develop an open dialogue. Please join us at the COA!

NEW VOLUNTEER OPPORTUNITIES! COA on Air Coordinator

The Council on Aging is seeking a team of volunteers to assist with coordination of "COA in Air" programs in collaboration with Bedford TV. One of these exciting opportunities requires coordination of presenters, studio time and guests. Other opportunities exist with operating studio cameras for taping the show and assisting with after show production. COA on Air is a popular program for seniors looking for the latest information and resources from local organizations and agencies. If you would like to be part of a production team and this opportunity interests you please contact Alison at the COA. The opportunity is available now!

Home Modifications for Safety Monday, May 16 at 1:00 PM & Monday, May 23 at 6:30 PM

Join representatives from Access Now to learn about safe and comfortable living in your home. Remodeling kitchens and bathrooms or widening doorways and installing grab bars can solve your safety needs at home! Join us to learn about available options. Access Now can also provide you with a FREE in-home consultations to ensure your getting the most for your budget. Please sign up at the COA so we know how many people to expect. *Access Now is a licensed and insured disability contractor that specializes in handicap modifications for homes and businesses.* Visit their website www.accessnowma.com or call 339-224-8666.



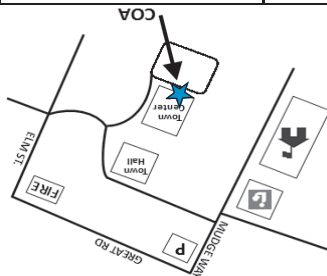
Genealogy Club

Join us every month for a trip down memory lane. Meet with other folks that enjoy researching their family tree! This club meets on the 2nd Wednesday of each month.

You do NOT need to be a member of the FBCOA or a Bedford resident to attend a trip or event at the COA. Please join us!

Important note about trips and events:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handicrafts 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:30 Pickleball 7:30 Single Again	9:00 Exercise Fix It Shop 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing 6:00 Pickleball	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See inside for details!*



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